

Adult Education Sessions for Parent and Carers Affected by CSA and HSB

**"I felt safe and supported
talking about what happened to
my child"**

**"I now know about
grooming and how best to
support my child"**

**"All the sessions were
really helpful, thank
you, I learnt a lot"**

Support for Parents and Carers

We offer 4–6 structured sessions that combine therapeutic approaches with psychoeducation, equipping the adults who care for children affected by sexual trauma with understanding and confidence to support them throughout and beyond their therapeutic journey with our service.

Contact Us

sunrisetherapyservice@barnardos.org.uk

T 01642 300774

Scan the QR to get Support



BARNARDOS

SUNRISE THERAPY SERVICE

ADULT EDUCATION



Bespoke Sessions for Adults

Sessions can be offered as part of a bespoke package designed to meet the psychoeducational needs of parents and carers, aligned with our existing therapy plan for the children they care for.

Our CSSO Principles

Child Directed

We listen to children about how they want to be supported and what needs to happen during their time with us. Working with parents and carers ensures the child's voice remains at the heart of everything we do.

Systems Focused

We support each child in connecting with people who understand them and have a positive influence in their life. Parents and carers are an integral part of this process.

Strengths Based

We identify each child's strengths and ensure they are recognised and reinforced by parents and carers.

Outcome Informed

We listen to what children say about how well things are going and make sure our work is making a difference. This is mirrored when we work with parents and carers.

Why are we here?

We're here to support children, young people, parent and carers to feel safer, happier, healthier and more hopeful from the moment we meet.



Delivering CSA & HSB Work for over three decades

This reflects our unwavering commitment to supporting children and young people affected by childhood sexual abuse and harmful sexual behaviour, as well as the parents and carers impacted by this experience. Over time, we have developed and refined evidence-based approaches that prioritise safety, trust, and empowerment. Our interventions are rooted in trauma-informed practice, shaped by the voices of children and young people, and tailored to meet individual needs. This work demonstrates resilience and expertise in creating safe, supportive spaces where healing can truly take place.

What We Hope to Achieve

A Ray of Sunshine at Sunrise Therapy Service—bringing warmth and light into the darkest moments, supporting adults as they navigate the impact of sexual abuse and find hope, strength and belief there is a brighter tomorrow, even in the toughest situations.

